

## Tahoe Rim Tour - Updated!

North Tahoe HS to Northstar, CA Sunday, January 29 9 A.M. Classic, 9:30 A.M. Skate 26K Mass start per technique Point-to-point <u>http://farwestnordic.org</u>

Forecast/Conditions: Overnight low 21, temperature at start 23, high of 26. Transforming snow with new snow on top. A 60 percent chance of snow during the race, and windy.

<u>Glidewax</u>: Apply Base Performance Blue Hot Wax, scrape and brush. Then apply High Performance Red Hot Wax, scrape and brush.

<u>Gripwax</u>: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3-5 layers of Nordic GripWax Red, corking between layers.

<u>Structure</u>: A universal structure covered by one pass with the Blue (for Classic) and Red (for Skate) Structurite tool after scraping and brushing the final Hot Wax or before spraying HP LP will best suit these conditions.

Created by Ben Grasseschi, Toko Tech Team member since 2003.

Check the <u>Wax Tips</u> page at <u>TokoUS.com</u> before all of your races for the latest waxing information. Toko Race Wax Tips offer racers precise waxing advice on how to make skis perform optimally for a given event. If you do not have High Performance wax, substitute Performance or Base Performance wax of the same color (Yellow, Red or Blue), as the temperature ranges are the same. All Race Wax Tips recommend ONLY fluorine-free products. Older HP or P Toko waxes (Liquid or Hot Wax) contain fluorine. New labels look very similar but all say PFC Free. To see optimal application procedures for both Glidewax and Gripwax, go to the <u>How To</u> link at <u>TokoUS.com</u>.

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